Service Agencies of the Island

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HALLOWEEN PARTY
Games, candy, haunted house, best costume contest returns again to Greenwood Gardens and the Lions Club Playhouse on Halloween Evening after 6 PM. Be there and we will give a scare. The costume contest starts at 6:45. Again, as it was last year, the Haunted House will be in the small building, on the Lions Club property.

Many thanks to Faith York, Larry Ducharme and friends for again setting up and haunting the Haunted House!

LIONS CLUB ORGANIZATION GRANTS
Organizations that would like to be considered for a Lions Club Grant should contact Lions Club President, Edward Ezzard by telephone, mail or e-mail by October 15th. The grants will be awarded at the October 28th Lions Club meeting. Telephone: 756-4713; Address: P.O. Box 102, Peaks Island, ME 04108; e-mail: TheMaineJack@gmail.com

EYEGLASSES...COLLECTIONS ENDING-DEC 31ST...
The PI Lions Club will be ending its program to collect used eyewear at the end of December. Our sincere thanks go out to all the generous islanders who have donated over 400 pairs of glasses so far. Until Dec. 31st they can still be dropped off at the churches, Hannigan’s, Lisa’s Café, the health clinic, and the community center.

Seeking New Lions Club Members
Lend a helping hand to preserve Peaks Island as a helping caring community. Join the Peaks Island Lions Club. Contact Lions Club President, Edward Ezzard by telephone, mail or e-mail: Telephone: 756-4713; Address: P.O. Box 102, Peaks Island, ME 04108; e-mail: TheMaineJack@gmail.com
Note: Many of our members are seasonal Peaks Island residents.

American Legion Post 142 News
Football is back on the big screens each Sunday!
Music jamming has moved from Sundays to Wednesdays from 6:30 to 8:30 PM. All island musicians are welcome to join in.
Trivia is on again beginning at 6 PM on Thursdays.
ALL are welcome!

DEADLINE FOR NEXT MONTH’S STAR: Friday, October 25. Bring articles copy ready to the Library. When the Library is closed, you may put them in the book return in the hallway or slip them under the Library door.
High quality healthcare close to home.

Day-trippers and year-rounders—everyone is welcome

87 Central Avenue
Peaks Island, ME

Seeing patients Monday, Wednesday, and Friday from 8:30 a.m - 3:00 p.m.

Call (207) 766-2929 to schedule your appointment

Find the latest news and events at peaksislandhealthcenter.org.

SENIOR NEWS

Fall is in the air! The Seniors will have their next potluck luncheon on Monday, October 14th. Invite your senior friends and neighbors to join us at noon at the Fay Garman House Community Room. Please bring your favorite comfort food to share. If you don’t consider yourself a Senior, come anyway!!

We are now offering Chair Yoga at the Fay Garman House Community Room every Tuesday and Thursday afternoons starting at 4 pm for about an hour. Chair yoga is a great way to relax from head to toe without the stress of getting out of your chair. There is no charge for these yoga sessions and are open to anyone who wants a quick way to stretch their body and relieve tensions.

Trefethen-Evergreen Improvement Association (TEIA)

October News (teiaclub.org)

The TEIA calendar for next year is full of social events, programs for everyone from youngsters to seniors. Membership information can be found at teiaclub.org. Mark your calendar to join next spring when the updated application will be online.

Among the events already planned for the summer of 2019: concerts, theatre, sailing lessons, tennis lessons, and annual traditions including the TEIA Fair and the annual Schooner Fare concert.
Brackett Memorial United Methodist Church
We are a Welcoming, Inclusive, Reconciling and Non-Conforming Congregation
9 Church Ave; 207-766-5013; brackettmumc@gmail.com; www.brackettmumc.org
Rev. Will Green, Pastor

All are welcome to join any of our worship, fellowship, or mission opportunities.

Sunday Morning Worship at 10am. Followed by an informal time of food and fellowship in the church hall.
Peaks Island Food Pantry at Brackett Church, Mondays, 3:30-5pm.

SPECIAL EVENTS IN OCTOBER INCLUDE:

AUTHOR TALK with DENISE UWIMANA - WEDNESDAY, OCTOBER 2ND, 7:00PM The author of From Red Earth: A Rwandan Story of Healing and Forgiveness (Plough, 2019) will discuss her recently published memoir and the ongoing work of healing.

BLESSING OF THE ANIMALS SERVICE - SUNDAY, OCTOBER 6TH, 3:00PM Bring your animals for a blessing on the yard in front of the church. Cats, chickens, dogs, fish, horses, lizards, snakes and spiders are all warmly welcome. We’ll also remember in prayer our beloved animal friends who have died.

RUMMAGE SALE - SATURDAY/SUNDAY, OCTOBER 12TH/13TH. We have curated a collection of Biblical proportions! Saturday’s hours are from 9:00am to 1:00pm. Sunday is from 12:00 to 2:00pm, featuring fill-a-bag-for-three-dollars. Thank you to everyone who has donated and volunteered their labor. As of October 1st, we are no longer accepting donations. Thank you for your generosity and support.

PRAYER SHawl KNITTING - FRIDAYS. Whatever your skill level, all knitters are welcome to join us on Friday mornings at 10:30, at Emily Sherwood’s, for our prayer shawl knitting group. We’ve given our shawls to people all over the world.

St. Christopher Catholic Church
Rector: Father Greg Dube at 773-7746

Sunday Mass is at 10 AM each week. For information about services on the mainland, check www.portlandcatholic.org. For information concerning Baptism, Reconciliation & Marriage, please contact Father Greg.

Rosary: The Scripture Studies Group invites all to pray the Rosary for special intentions and world peace at 9:30 AM before Mass each Sunday.

AA meets Wednesdays from 6:15 to 7:15 PM in the Parish House.

Share Scripture with Islanders from 9:30 to 11 AM each Wednesday in the Parish House on Central Avenue.

Free Medical Equipment Available
Our Peaks Island Health Center and St. Christopher’s Church have free medical equipment such as wheelchairs, walkers, and crutches available on loan temporarily. It is provided on a first come, first served basis at no charge. Borrowers are only asked when they will return it and also relieve the program of any liability.

For more information, contact Kay Taylor at 766-2811 or islapicos@maine.rr.com; or Chris Hoppin at 766-2593 or choppin@aol.com.
Peaks Island Historical Society

Did you know that Peaks Island is like the Hotel California? You can check out but many choose not to leave....

Please join the Peaks Island Historical Society on a ghost walking tour! You’ll learn how Peaks Island’s long history as a tourist destination attracted a number of ghosts to the island.

Date: Saturday, October 5 at 6:30 pm
Meeting point: in front of the Legion
Distance: the tour takes about 90 minutes and covers about 1.5 miles
Suggested donation: $7 per person, to benefit the Peaks Island Historical Society
Questions? Call Marisa at 207-450-4409

PEAKS ISLAND CHILDREN’S WORKSHOP: 71 Herman Avenue: 766-2854
www.picw.org

PICW WILL BE CLOSING AT 12:30PM ON FRIDAY OCTOBER 11TH FOR IN-SERVICE AND WILL BE CLOSED MONDAY OCTOBER 14TH IN OBERVANCE OF INDIGENOUS PEOPLES’ DAY

We are sad to announce that at the beginning of September Meg Hudson left PICW to start a new adventure in town while Alissa Myers left at the end of the month to spend the next 8 months in New Zealand. We will miss them both and thank them for all the support, love and guidance they have given our students over the last couple years.

We are currently looking for year-round, full-time and part-time staff to work in our Infant/Toddler and Big Room. Applicant must love children, enjoy the outdoors, be mature, reliable, and well presented.
To apply, please send resume along with a cover letter to Katie at office@picw.org or via snail mail to PO Box 80. Applicants can also stop by the office to pick up an application.

PICW is accepting applications for part/full time care on our WAIT-LIST. Contact Katie at office@picw.org for applications. The Board of the PICW is always open to suggestions and communication from the community. Please contact us through Board Chair, Jennifer Eckel, at jgeckell@gmail.com.

Peaks Island Elementary School

Our school year has gotten off to a wonderful start with students engaged in a lot of outdoor learning during these beautiful fall days. Our school gardens continue to reap healthy vegetables that the children planted and are now picking to serve during lunch. We are waiting in anticipation for pumpkins to grow bigger in our pumpkin patch that was planted last spring!

We would like to extend an invitation to any islanders who may be interested in volunteering at the school to attend our “Volunteer Tea” on Monday, October 21st at 9:00 a.m. in the school library. Please come and learn about volunteer opportunities and also share with us any ideas you may have for becoming involved.
Finally, SAVE THE DATE! Our 150th PIÉS Birthday Celebration will be on December 17th from 6:00 to 7:15 p.m. We will have student art displays, a community art piece and physical theater performances from each of our three classes. More information forthcoming, but, in the meantime, please spread the word!
First Tuesdays Book Discussion: For the meeting on October 1, we'll be discussing *Becoming* by Michelle Obama. The meeting is at 7pm, in the Community Room. Everyone is welcome. For the meeting on November 12 (due to Election Day we will not be meeting on the first Tuesday!), the book is *Educated* by Tara Westover. If you need a copy of the book, call or come into the library.

The Peaks Knitting Group continues in the library on October 8. It meets the 2nd Tuesday of every month from 6:30-7:30. Bring your current project and join other knitters for conversation and inspiration! All are welcome, as are all skill levels.

Technology Tutoring continues on October 9 and is available the 2nd Wednesday morning of each month. Tutoring sessions are for all levels of computer users for 30 minutes of free computer assistance. **Advance registration is required.** Call or stop in the Library for more information or to register for a session.

On Wednesday, October 9, from 7-8:15 pm we will be hosting a reading by three Littoral Books authors Liza Mattison, Peaks Islander Eleanor Morse and poet Jacqueline Moore. 92 year-old poet, Jacqueline Moore will be reading from her recently published, collection of poems *Chasing the Grass*. She brings a lifetime of experience to the great concern of our time, the fate of our endangered world. Liza Mattison and Eleanor Morse are both contributors in *North by Northeast*. The first collection of new short fiction by Maine writers to be published in over a decade, *North by Northeast* brings together seventeen contemporary short stories by thirteen writers of keen observation, wit, wisdom, compassion and humor. **This will take place in the Community Room.**

Middle School Book Club will meet on Tuesday, October 15 at 5:30 pm in the Community Room, across from the library. It is open to all 6, 7, & 8 graders. We will have fun, food, and conversations about books! **Think pumpkins!**

You are invited to a special Halloween Stories and Craft program presented by The Very Scary Mrs. Crowley-Rockwell on Tuesday, October 29 from 6:45-7:45 pm. This program will take place in the Community Room and is geared toward 5-8 year olds.

Story Times:
Rhythm & Rhymes for babies & toddlers - Wednesdays, October 2, 9, 16, 23 & 30 at 10:15
Pre-School Story Time geared for 3-5 year olds - Fridays, October 4, 11, 18 & 25 at 10:15

Peaks Island Community Food Pantry

The Peaks Island Community Food Pantry is located in the Brackett Memorial Church and is open on Mondays at 3:30-5pm. Our mission is to provide food assistance to our island neighbors in need, supported by many different individuals and organizations from Peaks Island.

If you would like to donate items to the food pantry, our needs this month are: canned ham, tuna, canned chicken, beef stew, single-serve microwavable meals, toilet paper, laundry detergent, dishwashing soap, spaghetti sauce, canned ravioli, cooking oil, plain peanut butter, grape jelly, canned peaches or pears in juice, canned white potatoes, canned corn.

If you have any questions about the food pantry, or you would like to arrange a food drop off or a donation pick up, please contact Susan Hanlev, 207-332-2443.
HOLY TRINITY EPISCOPAL CHAPEL

We had a very successful raffle and bake sale this past summer, now we are able to donate our total proceeds from this sale to the following island charities:

Brackett Memorial United Methodist Church
PEITA (Fuel Assistance)
Friends of TEIA
St. Christopher Catholic Church
Loretta Voyer Fund
Peaks Island Food Pantry
Peaks Island Children Workshop
St. Elizabeth Essential Pantry (St. Luke Cathedral)

We are most thankful for Bob Hannigan allowing us to sell our raffle tickets outside his market and to all who baked and bought, to make this success. Thank you all!

The Fifth Maine Museum
www.fifthmainemuseum.org, 207-766-3330

THANK YOU TO EVERYONE WHO HELPED US RAISE THE ROOF!!

During the week of September 9th, Casco Bay Roofing installed a new roof on the Fifth Maine Museum. We are all breathing a collective sigh of relief, knowing that our historic building and valuable collection are safe for future generations. We could not have done it without the grants that we received and the generosity of our community. We are truly grateful! Thank you all for your support!!

Fundraiser at the INN – Friday, October 11th, 4-8pm

We are excited that The INN on Peaks Island is hosting a fundraiser to benefit the Fifth Maine Museum. The INN will donate 10% of ALL food and beverage sales from 4-8pm on Friday, October 11th to support our building repair fund and future programming. Eating? Check. Drinking? Check. Friends? Check. We can’t think of an easier way to support the Fifth Maine! Please join us!

Harvest Supper – Saturday, October 12th, seatings at 5:30pm and 7:00pm

Finish out the season with our traditional Harvest Supper - pot roast with new potatoes and gravy, accompanied by fall vegetables and flakey biscuits, topped off with homemade desserts! Vegan option is cauliflower chickpea curry. Adults $20, Kids under 12 $10, Kids under 3 eat free. Pre-sale tickets required. Call Susan Hanley, 207-332-2443, for tickets.

The Fifth Maine Museum’s last day of the 2019 season is Monday, October 14th, 11am-4pm. Be sure to go to the “SUPPORT” tab on our website to sign up for our newsletter and follow us on Facebook for offseason updates! Thank you for a wonderful 2019 season!!

Prepared for Disaster?

Our Peaks Island Community Emergency Response Team (CERT) is ready to assist the Portland Fire Department in disasters. But we need more volunteers. For more info, call Jay Desmond at 766-2088.
### October Saturday Night Movies
**Free in the Community Room**

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<thead>
<tr>
<th>Time</th>
<th>Movie 1</th>
<th>Movie 2</th>
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<tbody>
<tr>
<td>5:30</td>
<td><em>The Nightmare Before Christmas</em> 1993 (PG)</td>
<td><em>The Skeleton Twins</em> 2014 (R)</td>
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<tr>
<td></td>
<td>1993</td>
<td>2014</td>
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<tr>
<td>7:30</td>
<td><em>The Lego Movie</em> 2014 (G)</td>
<td><em>The Taste of Others (Le Goût des Autres)</em> 2001 (R)</td>
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<td>101 min</td>
<td>112 min</td>
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<tr>
<td>9:30</td>
<td><em>No Movie</em></td>
<td><em>The Guardians (Les Gardiennes)</em> 2018 (R)</td>
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<tr>
<td></td>
<td>2001</td>
<td>2018</td>
</tr>
<tr>
<td>11:30</td>
<td><em>Wallace &amp; Gromit: The Curse of the Were-Rabbit</em> 2005 (G)</td>
<td><em>Beetlejuice</em> 1988 (PG)</td>
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<td></td>
<td>85 min</td>
<td>92 min</td>
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This film series is sponsored by Friends of the Peaks Island Library. If you are interested in becoming a volunteer projectionist, stop by the Library for more information!

Pick up a flyer in the library to find out more information about these films!

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**Peaks Island Land Preserve**

**FOREVER WILD**

Peaks Island Land Preserve is committed to the acquisition, preservation, and stewardship in perpetuity of Peaks Island lands for the use and enjoyment of islanders and visitors.

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**Join us for an Autumn Walk** -- Sunday, October 27, 8:30 am -- meet outside the Community Center. We will walk a loop through several PILP parcels that will take us out for about an hour and a half. Everyone is welcome!

**Help support PILP** by becoming a member or renewing your membership, $20 individual and $30 family/household, see our website for more information. [www.peaksislandlandpreserve.org](http://www.peaksislandlandpreserve.org)

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**HOMESTART MOVES AHEAD**

In August, City Council approved Homestart’s request to add an Accessory Dwelling Unit (in-law apartment) onto the back of the house we own at 18 Luther Street. It will be a year round studio or 1 bedroom apartment, rented for no more than 80% of Portland’s median rental rate. To help with this project, Homestart received preliminary support in September from the City Housing Committee for a grant from the Housing Trust Fund for $36,000. Half of this grant will go to the ADU, the other half to renovations on the existing house, including a new roof.

Once City Council gives its final approval in October, renovations can begin on the existing house within a few months. Obviously, it will cost more than $15,000 to build the ADU. We are applying for other grants but will need financial support from the Peaks community as well. More about that next time! We are excited at the prospect of adding an additional year round rental to the very limited year round housing supply on Peaks.

**Question? Contact any board member:** Betsey Remage-Healey, Bill Hall, Laura Reading, Chris Roberts, Tim Wyant
Portland Parks & Recreation Programs are for Peaks Island and Portland residents and are held in the Peaks Island Community Center. The Peaks Community Center is available for a variety of events, functions and educational programs. If you would like to reserve the Community Center, please contact Diane 766-2970 or dianer@portlandmaine.gov

Brackett Cemetery Talk and Walk  
October 5, 2019  
10:00 a.m. to 11:30 a.m.
Peaks Island’s Brackett Cemetery contains a collection of gravestones created by Portland’s 1st stonemcutter Bartlett Adams (1776-1828), a self-described “sculptor” of stone. Adams and others in his shop created hundreds of slate and marble gravemarkers that can be found today throughout southern Maine. Ron Romano on the boards of Spirits Alive—the Friends of Eastern Cemetery and national Association for Gravestone Studies will give a slideshow of the life and extraordinary work of Bartlett Adams. We will then make our way to Brackett Cemetery to see the work of Bartlett Adams and his successors first hand. Ron will highlight other gravestones at Brackett to show us how the materials, design, and symbolism used by these local stonemcutters evolved through the 1800s. Open to All, FREE!

Low Impact Aerobics With Weights  
Mon. & Thurs. 9:30-10:30 a.m.
This program does a wide range of exercises to build strength with available hand-held weights. It is a fun-filled hour of aerobics. The routine will make you smile and laugh. All are welcome. FREE!

Strength Training For Women  
Tues. & Friday 7:15-8:15 a.m.
Sessions start with a 10-minute stretch and aerobic warm-up and moves into the use of hand-held and ankle weights for a full range of exercises and stretches. Exercises are guided with attendees in chairs or standing. Fee: $60.00 or $5.00 drop in fee per class.

Are You Off-Balance - 
Balance & Inner Ear Workshop  
October 7, 2019  
11:00 a.m. to 12:30 p.m.
We all have reasons for improving our balance. Come join us and hear from Dr. Michael Moras for a presentation on balance and the inner ear. He will explore the question of what balance is, how it works, primary causes of poor balance and what we can do to prevent falls. Part of the presentation will revolve around the inner ear, its structure and function, modifications that can be made around the home, assistive devices that can be used and exercises that can be performed. all with the goal of reducing fall risk. Then, given our time constraints, Dr. Moras can offer one-on-one complimentary screens to assess an individual’s balance. Dr. Moras is Clinical Director and Physical Director at Back in Motion Portland, adjunct UNE Instructor, APTA Certified Clinical Instructor, and a Doctorate in Physical Therapy. Open to All, FREE!!

Adult Strength Training  
Starting on Sept. 16  
Tues. & Fridays 8:30-9:30 a.m.
Come join us in the Adult Strength Training Class with instructor Devon Kraft. Each class starts with aerobic warm-ups moving into stretches and exercises. Exercises are guided with attendees standing or in chairs and the use of hand-held and ankle weights. Fee: $60.00 or $5.00 drop in fee per class.

Weekly Thursday’s Knit, Chat & Etc.  
Thursdays 10:45-11:45 a.m.
Join us for our weekly Knit & Chat, Paint & ETC. Group. Bring your favorite craft project, easel or writing project. Come join our group. FREE!